



**Elmira & District
Curling Club**

Welcome to Curling 101

About Us - EDCC



- We are a non-profit, member owned club (275 members)
- Except for a few paid positions, the facility is run by volunteers.
- We have Novice, Social and Team leagues.
- Board of Directors operates the Club.
- Instructor introductions.



About You

- Curling experience?
- What interests you about curling?



The Sport of Curling

- Game of strategy, skill, athletic ability
- Individual performance & teamwork.
- Social sport – meet people, form friendships.
- Fun!
- About the game:
- Handout – cheat sheet



2 Minute Guide



<https://www.youtube.com/watch?v=IOk9SVzqHsk>

101 Course Overview

- Objective: Enable novice curlers to get progressively better through continued weekly instruction, skill development and game play.
- 4 weeks of instruction:
 - Delivery, brushing, game orientation, strategy.
- 2 weeks of game play.



Safety First!

- Curling ice is very slippery.
- Only wear slider when delivering a stone.
- Can use Grippers, Head protection.



Equipment

- Footwear – Sliders & Grippers.
- Brushes – for sweeping and delivery.
- Clothing – stretchy pants, gloves, layers.
- Head protection.



House rules/ Etiquette

- Keep the ice surface clean.
- Avoid resting hands and knees on the ice.
- During game play
 - Handshakes, position of non-delivering team (will be covered later).
 - Fellowship after the game.



Week 1

- Do some stretching.
- Getting comfortable on the ice.
- Slide position and 3-step delivery.
- 5-10 min break
- Layout of a curling sheet & scoring
- Wrap up by 11:30 am.

